



Turkey Stew in a crock pot

RECIPES

INGREDIENTS (makes 4-6 servings)

- 1 giant turkey leg
- 1 handful borlotti beans
- 1 handful rice
- 1 handful of buckwheat
- 2 red onions chopped as you like
- 1 spring onion chopped
- Kale, chard, or spinach – 1 portion cut very small
- Handful of fresh parsley diced as small as possible
- Knob of ginger
- 2 bay leaves, salt, double pinch of roasted cumin and a piece of frozen basil paste
- Water
- **Optional:** parmesan cheese heel

INSTRUCTIONS

- Turn pot on to high setting and program for 8 hours
- Fill pot to 1/3 full with water
- Put ingredients into the pot
- Ensure that the pot is 3/4 full with all the ingredients and water
- Cook for 8 hours; until the turkey falls completely off the bone
- **Optional:** if you want to make the soup a bit creamy
 - when it is done take out 4-5 ladles full and pulse, then put back in and stir
 - an hour before it is done, add the heel of parmesan cheese which you have had stored in the freezer

Serving/Notes

- Swirl olive oil on top and add salt and pepper to taste
- Serve with some your favorite crusty bread
- **Optional:**
 - freshly grate parmesan cheese over the soup
 - if you want to make the soup a bit creamy, you can take out 4-5 ladles full and pulse, then put back in and stir